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BROADMEAD, COCKEYSVILLE, MD

April, 2014

Financing for Broadmead Enhancements Explored

By Marcia Reinke

For the third time in as many months, the self-evaluation process being undertaken by Broadmead's trustees and administration was shared with residents in preparation for another community-wide presentation of goals, objectives and potentially a multimillion dollar Master Plan.

A March 7 program by Ziegler, an investment banking firm, to the entire community was followed by a two-day retreat attended by Broadmead's trustees, the Executive Leadership Team, our legal counsel, the two Residents Association representatives to the Board of Trustees and the BRA president. Prior evaluations have included a Market Analysis of Broadmead's strengths and weaknesses conducted by Love and Company and results of resident and staff surveys conducted by the Halloran organization. (See *January and March issues of The Voice*).

Trustees were scheduled to review the recommendations at a March 17 meeting.

Ziegler's focus is on trends and best avenues to raise capital and obtain financing in the not-for-profit, tax-exempt senior living market. In their talk to the residents three Ziegler executives, Dan Hermann, Steve Jeffrey and Lisa McCracken, explored the Maryland CCRC landscape, senior living capital markets and where Broadmead stands. Capital is easily accessible in the for-profit

senior-living world, they said, via REITs (Real Estate Investment Trusts), finance companies and investors, avenues not available to not-for-profit organizations.

Non-profits like Broadmead must look to the fixed-rate bond market, the bank market, seed capital and alternative structures. Among these alternatives is the Ziegler-LinkAge Longevity Fund, L.P, a first of its kind private equity fund and a joint venture of Ziegler and LinkAge Ventures. Relatively new, it recently closed on a \$17 million project and is expecting a second close at \$25 million soon.

In making its case, presumably to handle the financing for Broadmead's upcoming pursuits, Ziegler reviewed top trends in senior housing, longevity issues, insufficient savings among those on the brink of retirement, the battle between for-profits and non-profits, issues relating to Type A continuing care contracts, the major need for memory care and the inevitable rise in interest rates.

Continued on Page 3

Although non-profits now control 80 per cent

There were not a lot of daffodils around when The Voice went to press, but ever hopeful that spring would come, we chose a 2013 photo by Bob Davies for page one. These daffodils were along the trail north of the Center where more are expected shortly.

Bird Watchers to Gather April 19

The sounds and sightings of Broadmead's favorite birds will be luring resident bird watchers to the annual series of walks organized by Anne Allen Dandy and Dot Gustafson.

Starting Saturday, April 19, the walks will begin at 8 a.m. at Lake Maybe and continue each Saturday through May 31.

Anne Allen says they expect to hear the "tiny 'chur-wi' of the bluebird, the 'cheer-cheer' of the cardinal, the 'chirpity' of the Carolina wren, and perhaps the phoebe-calling its name." They also expect to see the soaring antics of the barn and tree swallows. April 19 is too early for warblers but they will arrive for later walks.

Those attending are urged to wear boots and bring binoculars.

EDITORIAL POLICY

THE VOICE is produced by and for the Broadmead Residents Association. It seeks to announce and report on activities at Broadmead and to carry feature articles, essays and poems written by residents and staff, of interest to Broadmead residents, plus material assigned by the editors. As its major goal is to promote a sense of community, THE VOICE does not publish criticism of individuals or of the three organizational bodies that comprise Broadmead (residents, administration and trustees) nor controversial opinions about Broadmead affairs as there are established procedures for the resolution of internal problems. THE VOICE does not publish matters of a religious or political nature, except in the context of a lecture report with attribution to the author of the opinion. As a general rule THE VOICE will not publish submissions from outside media due to space limitations and possible copyright problems. All submissions must be signed. The decision of the Editorial Board in regard to publication shall be final. Those submitting articles should retain copies as submissions will not be returned.

We must have all submissions by the 12th of the prior month. As we want articles not to run to more than one page, copy should not exceed 400 words in length. All copy is subject to editing and cutting. All submissions should be typed and, if possible, sent by email attachment to voice@broadmeadra.org, with a hard copy in THE VOICE box opposite the copy machine in the BRA office.

BROADMEAD WELCOMES

By Nancy Allchin and Sally Bloomer

John G. Benson

L-8; 443-318-4631; February, 2014

A native of Baltimore, John Benson was brought up in Roland Park, attended the McDonough School and graduated from Johns Hopkins University. His education was interrupted by two years of service in the U.S. Army during the Korean War.

He entered the working world with the family business of buying and selling industrial supplies and equipment.

He was married twice. Once in Nantucket. A daughter and two sons live in the Baltimore area. There are four grandchildren and now three great grandchildren.

He is proud of having built three wooden cradles for grandchildren, which have become family treasures. John has been a golfer and plays duplicate bridge.



Open Forum

Friday, April 11

7 p.m. Auditorium

How to Meet America's Energy Needs

Tom Horton

Correspondent for *The Baltimore Sun*

Norman Meadow

Principal Scientist, emeritus

Johns Hopkins

Department of Biology

Party Time in Taylor Hall



If there's a holiday or another excuse for a party, the staff on Taylor Hall is finding a way for the assisted living residents to celebrate. Here, at left, are Ginny McKechnie as the queen and Jack Daum as the king of Mardi Gras. At right Georgia Erlbeck is munching on green popcorn and punch in observance of St. Patrick's Day. Even the breakfast pancakes were green.

Photos by Bea Post

Financing...from page one

Although non-profits now control 80 percent of the Continuing Care Retirement Community (CCRC) market, the Ziegler speakers said that Broadmead will experience very little new non-profit competition because the barriers are too high. Barriers include the difficulties in organizing and building facilities, available land, zoning and especially Maryland's regulatory environment.

Opportunities for growth include off-campus services and contracts with people outside the community. Called for is reinventing retirement, including more healthy-aging wellness programs, more college courses and more college students working on site.

Also emphasized is improvement in technology: medical records, automation, personal call systems, phone systems, Facebook, Twitter and Linked-In.

Persons thinking about retirement are now looking at web pages, they said. The Internet has changed how people make choices.

Corner Cupboard

Monday, Tuesday, Thursday, Friday
10 a.m -12:30 p.m. 1:30. - 4:30 p.m.
Orders may be placed, same hours
443-578-8075

Country Store

Monday to Friday
10 a.m. - 2 p.m.
Saturday: 11 a.m. - 1 p.m

Know Your Neighbors
Wear Name Tags
April 1, 2 and 3

Adventures in Learning

Food Lectures Contain Dire Warnings

(Final two lectures in a four-part series. By Jackie Mintz)

Food Deserts Plague City

Roland Park residents live 20 years longer than those in Baltimore's Southwest

The problem is not lack of food but unhealthy foods which lead to diet-related diseases. In the third Adventures in Learning food lecture, Anne Palmer of the Johns Hopkins Bloomberg School of Public Health pointed out that in the contemporary United States, though food is readily available, much of it is unhealthy processed food. She is the Director for Food Communities and Public Health at the JHU Center for a Livable Future.

Food vending machines are omnipresent and supermarkets carry an enormous variety of food. However, in the midst of this abundance there are "food deserts" in Baltimore, low-income areas where healthy food is difficult if not impossible to come by. To obtain healthy food one needs a car, which many residents in the city do not have. What needs to be done is to improve distribution, declared Palmer. One way to do so is to increase the number of farmers markets.

Coinciding with the uneven distribution of healthy foods, the incidence of diet-related diseases in Baltimore and Maryland such as obesity, diabetes and heart disease varies according to class and where one lives. The rate of obesity is correlated with poverty. It is most serious in rural areas with the highest rates in Wicomico County. Residents of southwest Baltimore live on average 20 years less long than residents of Roland Park.

To alter the patterns that lead to diet-related diseases, local and state programs have been

established to try to improve what is offered in corner stores, increase nutrition education and make food stamps usable in farmers markets, she said. An innovative program aimed at making healthy food more available to low income folk is "Baltimore Bucks." This matches incentive dollars for people using

food stamps at farmers markets. If you spend \$5, you get an additional \$5 in stamps.

Measures have also been taken to encourage urban agricultural production. As in other older cities, vacant land has become available in Baltimore as a result of population loss. Such land has been made available for urban farming.



Anne Palmer

Eye-Popping Statistics Promote Vegetarian Diet

450 gallons of water needed for four ounces of beef; 165 gallons for four ounces of pork

"It takes 42 gallons of water to create a single scoop of ice cream." With this and many other examples, Robert Lawrence's talk on food security, water scarcity and the right to health captured the attention of a rapt and slightly horrified audience here.

Professor of Medicine and Director of the Center for a Livable Future at the Hopkins School of Public Health, Lawrence talked about the impact of modern food ➤

Dire Warnings *continued.*

production methods on health and other issues. Although we have known for decades about problems such as population growth and resource depletion, according to Lawrence we have only recently begun to confront the problems created by modern forms of food production with its inefficiencies, its size and its effect on the climate.

Animal production has increased both here and globally. With modern industrialized methods, farming has become highly specialized, such that substantially all U.S. agricultural acreage is devoted to field corn and soybeans. The number of food animals in the U.S. outnumbers the number of people by 30 to one. In the U.S. nearly 10 billion farm animals, including cattle and chickens, are slaughtered per year. One million poultry are killed per hour. Our consumption is very high. U.S. population is 4.5 percent of the world's but we consumes 18 percent of the animals.

Not surprisingly, the environmental impact of this type of production is dramatic. A pig produces four to five times the amount of waste as a human. A typical swine facility containing 10,000 to 15,000 pigs produces waste equivalent to a town of 35,000-75,000 people. But there is no waste water system and waste is flushed instead into open "lagoons" which Lawrence says are more accurately called "cesspits." When Hurricane Floyd caused flooding, more than 50 cesspits overflowed. Twenty-three of North Carolina's 26 rivers are contaminated by industrial farm production.

The true cost of industrialized food production is not reflected in the price of food which in this country, he said, is "very very cheap."

Accounting for 10 percent of expendable income, food prices are the lowest in the history of the world. But these production practices are depleting fossil fuel and the water supply and

creating pollution. Yet these costs are not incorporated in the price of food but instead are charged to environmental and health costs. So we do not know the true cost of our food.

An important consequence of these practices is the growing scarcity of water worldwide.

One way countries are dealing with water shortages is by purchasing crops. Given increasingly common droughts in its grain-producing provinces, China started importing grain in 2001. One ton of soybeans takes 1000 tons of water to grow. Through its purchase of soybeans from the Amazon Basin, China is in effect buying water.

Finally, Lawrence gave some eye-popping statistics on how many people could be fed under an American-style diet, versus the number

that could be fed under a grain-based diet. In 1990, with a world population of 5.2 billion, one could feed 2.5 billion people consuming an American-style diet, while under a grain-based diet, one could feed 6.2 billion.

Extrapolating to 2025, when the world population is predicted to reach over 8 billion, one could feed 3-5.4 billion persons on an American diet, but 9.5-10 billion on a grain-based diet.

Equally riveting were figures on the amount of water involved in producing common foods. One glass of soy milk takes nine gallons of water, while a glass of milk takes 30. One regular yogurt takes 35 gallons, while a Greek yogurt takes 90.

Considerably more thirsty are meats: four ounces of beef takes 425 gallons; four ounces of pork takes 165 gallons; and four ounces of chicken takes 66 gallons. We can reduce our water footprint by 30 percent, says Lawrence, if we replace half of the animal proteins in our diet with plant protein; by 60 percent if we adopt a vegetarian diet.



Robert Lawrence

Quilting African-American Women's History



By Gwen Marable

Photo by Erroll Hay

The bulletin board across from the Corner Cupboard on the way to the Country Store is the responsibility of the Multicultural Committee and it has been displaying an exhibit entitled "Quilting African-American Women's History."

If you have seen one quilt, you have not seen them all. Even though there are common threads, there is great diversity in how each artist unfolds her quilt. They are reminders of how quilts originally were made to provide warmth and cover during slave times. Now the quilts are extraordinary expressions of creativity and historical commentaries, displaying the skill and imagination it takes to make so much out of nothing. The Multicultural Committee, now co-chaired by Bob Fetter and Teru Mottley, welcomes ideas for future bulletin boards, featuring other cultures. In April the committee traditionally celebrates Poetry Month with poems from around the world.

Consumer Protection Bill Thwarted Again

By Alma Smith, MaCCRA Secretary

Despite the collective best efforts of the Maryland Continuing Care Residents Association (MaCCRA), a bill to require Type C, fee-for-service, retirement homes to conduct actuarial studies every five years, failed again this year. It was assigned to the Public Health and Long Term Care Subcommittee, whose chair, Del. Jim Hubbard, moved the bill unfavorably without giving proponents any opportunity to speak. The unfavorable report prevented discussion of the bill in either the House or the Senate.

Broadmead's Jonas Rappeport, president of MaCCRA, said MaCCRA state officers will be getting their heads together to see what the next step will be. The MaCCRA annual meeting will take place Saturday, May 24, at Riderwood Village in Silver Spring.

Over 75 MaCCRA members from all over the state, including 11 from Broadmead, lobbied for the consumer protection legislation in Annapolis in February.

Camera Club Meeting

Monday, April 21
10:30 a.m. Fireplace Room

Hopkins Professor Explores Iranian Nuclear Threat.

By Robert Forster

Is Iran building nuclear weapons? And if so, can the program be halted?

If the program cannot be halted and Iran develops nuclear weapons, can the United States, Israel and the rest of the world live with a nuclear Iran?

These were the issues explored by Steven David, professor of International Relations and Security Studies at Johns Hopkins University, at a recent Open Forum here.

There are two paths to nuclear weapons development, David said. The first is by separating out plutonium with a reactor. The second is by enriching uranium, which requires centrifuges that refine the uranium in stages. The Iranian government claims it is undertaking these elaborate and expensive procedures to obtain nuclear energy for peaceful use.

David pointed out, however, that Iran possesses ample traditional energy sources and that the real purpose of its program is the development of a nuclear arsenal. This is an international "threat", he said, especially to Israel, where the population is tightly concentrated.

Looking at whether this program can be halted by diplomacy, David said the negotiations in which the United States and Europe are proposing a reduction in economic sanctions in exchange for a nuclear program freeze are not a promising compromise because the nuclear program remains intact for future development.

A second approach, the pre-emptive assassination of Iranian scientists by the Israeli secret service, has not deterred the program. A third way is a proposal by Israeli Prime Minister Netanyahu for an aerial attack on the Iranian nuclear installations, as

was done before by the Israeli air force in Iraq. Unfortunately, this time there are too many targets and most of them are underground, David said. Only with American help could such an attack be feasible and the Obama administration refuses to bomb Iran without provocation and risk another quagmire in the Near East .

On whether the world can live with a nuclear Iran, realists argue that the U.S. and the Soviet Union, both nuclear powers, lived in peace for half a century by mutual deterrence, and asked why Iran and Israel can't do the same.

Much depends on the sanity and rationalism of the leaders in Iran and in Israel, David said. Past leadership in Iran (Mahmoud Ahmadinejad) is not reassuring, though the new president and the coming generation of Iranians give some reason for optimism.

David warned, however, that the Israeli government is

not immune from launching an irrational military strike on its own should the historical traumas of the Jewish past come back to haunt them. This last note gave the audience pause.



Steven David

BRA Health Care Committee Lecture

Tuesday, April 15
10:30 a.m. Auditorium

An Age-Old Medical Concern: Urinary Incontinence

Dr. Nicole Korbly
GBMC Division of
Urogynecology

List-Serve Initiated for Resident Notices

Broadmead residents now have their own list-serve, thanks to the efforts of Lee Fleishman who has set up the email communication program via Google groups. At the *Voice* deadline he had 121 members, four of whom are staff.

All residents in the Broadmead telephone book email list have been automatically included in the group and will receive notices and other communications in their computer's inbox. Residents may send out messages via Broadmead-residnets@googlegroups.net. (See editor's note below.)

Residents whose email addresses are not in the telephone book may have them added by emailing fleishman.ruth.lee@gmail.com. Lee also hopes to add more email addresses for staff. Persons who would like to opt out may also contact him.

Lee wants residents to consider the list as a bulletin board on which to post notices of general interest. Those sending messages to small groups or individuals should not use the list-serve but should send them by using individual email addresses. Replies, he cautions, should be sent to **sender only, not "reply all."**

The purpose of the list-serve is to reduce the number of paper notices in message boxes and provide major savings of paper, ink and labor. The next step is to have members state their acceptance of regular notices by email. Those who do will have a distinctive marker placed on their message box.

Paper notices will always be provided to those who do not use email.

Lee needs help in administering the list-serve. Those willing to share the joys and burdens of same may call or email him.

*(Editor's note: No that's not a typo, It is **residnets**. Lee says he's been trying to fix his original error without success and he's now received several comments that **residnets** is a very clever mixture of resident and net. What amazes this editor is how he got around having his computer fix the spelling. Both at home on a PC and in the "cave" on a Mac, she found it almost impossible to convince "Spell Check" not to make a correction.)*

Newly Arrived Resident

Dorothy Shipley

N-3



Photo by Nancy Boyce

The East Hall exhibit of resident Beth Zimmerman's works includes both acrylics and water colors. Some of the works are on loan from Beth's sister, resident Sally Lynn Duff, and other family. Beth has participated in and won awards at numerous juried art shows. After retiring, Beth taught watercolor painting to adults at the Markheim Center for the Arts in Haddonfield, NJ, for 10 years. Her paintings are now on sale at the N.K Thaine Gallery in Haddonfield. Nephew Jim Duff helped with the hanging of the Broadmead show.

In Memoriam

Audrey De Hoff

April 26, 1913 March 21, 2014

Edith Hunter

September 26, 1922 March 14, 2014

Diane Sumner

November 21, 1922 March 12, 2014

Dorsey and Forsters To Talk on Super Rich

Three learned Broadmead residents will be featured in the spring Adventures in Learning series, entitled *The Super Rich in History, Getting and Spending*, which opens Wednesday, April 9.

Rhoda Dorsey, Robert and Elborg Forster will examine who are history's super rich, how they accumulated their wealth, how they spent it and how their time and place in history affected their behavior.

To be examined in the four talks are nine individuals with very different personalities and roles in their societies. Looking back, were they robber barons, creative entrepreneurs, ambitious egoists or community-minded philanthropists? Or were they a mix of all these qualities?

Robert Forster, a Johns Hopkins emeritus professor of History, will open the program Wednesday, April 9, with *The Medici of Florence; The Fuggers of Augsburg*. Elborg Forster, a freelance writer and translator, will talk about *King Louis XIV of France* on Wednesday, April 16.

Robert Forster will discuss *The Rothschilds of Europe and Cecil Rhodes of South Africa* Wednesday, April 23.

Concluding the series on Wednesday, April 30, will be former Goucher College President and Historian Rhoda Dorsey with a talk on *The American Tycoons: John D. Rockefeller, Jay Gould, Andrew Carnegie and J.P. Morgan*.

Beginning at 10:30 a.m., each lecture is designed for 60 minutes and discussion.

Let's Sing

with Jonathan Jenson at the Piano
Wednesday, April 23 - 7 p.m.

Note: This is a change from the normal schedule of the 3rd Monday of the month. Normal schedule will resume in May



Andrea Cooper and regular Let's Sing pianist Jonathan Jenson, this time on the guitar, presented a special mid-March program in memory of Ruth Schnering who died last year. The special sing was arranged by the Schnering family. Ruth and her husband Phil arranged for Broadmead musical programs during their many years as residents here.

Photo by Erroll Hay.

Iber Wins Again

Even without Peaches, Frank Iber has again won the annual Wellness Destination Challenge, which this year had residents "skiing" 151,470 miles to the Sochi Olympics

Frank did, however, have the "help" of four other dogs, which he volunteers to walk on a regular basis to the joy of their owners. He had to have Peaches, his long-time German Shepherd companion, put down due to age and ill health. In recent years when Frank won the challenge, some alleged that the prize should have gone to Peaches.

Placing second this year was Lee Fleishman and third, Gayle Blakeslee. Others participating were Betty Lou Anderson, Sonia Blumenthal, Lolly Burton, Anne and Bob Daly, Marj Espenschade, Ruth Fleishman, Alice Giles, Jean Hake, Bunky Hopkins, Betty Iber, Ross Jones, Gwen Marable, Sandy McClung, Sheila Meyers, Libby Murphy, Peggy Patterson, Betty Pausé, Marcia Reinke, Bobbie Siebens, Natalie Starr, Mary Frances Wagley, Nancy Warner, Sally Weinman, Ellen Williams and Louise Williams.

Broadmead Briefs...

Downton Abby fans are in for a treat. On June 12 the **Trips Committee** is arranging a motor coach excursion to Winterthur to see its exhibit of costumes from the popular Edwardian English drama featured for four years on Sunday night on MPT. Vignettes from Winterthur (of the same era) will complement the exhibit. A sign-up sheet will be posted May 12.

The Administration has announced that cluster residents waiting for accommodation in **Assisted Living** will be provided with supportive services at Broadmead's expense (social worker, nurse, therapist). There are also plans to renovate empty apartments in Stony Run for supportive services.

Four Broadmead men, **Lee Fleishman**, **Michael Kelly**, **Rhett Murphy** and **Cliff York**, have taken on the **Trail Committee** job, formerly held by the late **Ted Wilson**. According to **Lee**, the new group "will not be meeting to talk about trails. It will be about work." Anyone interested in getting out to help maintain the paths will be welcome. Although no date has been set, the annual **Trail Day** will be held in April or early May.

No decision has yet been made about the **Rose Garden**, long tended by the late **Ted Wilson** and his helpers. According to Buildings and Grounds, the decision awaits the completion of the new landscape master plan for all Broadmead's grounds. **Carol McCord** has reported that many believe the struggle to keep roses successfully in that location has been a losing game, as the wide exposure to wind and weather has been a problem in recent years. As a result plantings more suited to that location may be introduced.

Resident **Jackie Mintz** is among the artists featured in a current exhibit at the Edward A. Myerberg Center at 3101 Fallstaff Road in Baltimore and was among those honored

there at a recent reception. The exhibit features the works of those who paint under the direction of teacher Ruth Pettus in a variety of styles, none of them realistic. The exhibit is open weekdays from 8 a.m. to 4 p.m. Jackie's works will be on display in Broadmead's East Hall in May and June.

Wellness Director Jody Tromble convinced 31 residents that their health would benefit by their buying and using pedometers. Jody not only arranged for the pedometers and gave lessons on their use, but also could be seen on hands and knees measuring out the length of each user's steps. All her pedometers are gone, but if others want one, she will start a new ordering list.

Broadmead is now hosting a **Weight Watchers** program for both residents and staff on Thursdays from 12:15 p.m. to 1:15 p.m. in the Stony Run Board Room. Residents who'd like to participate should check with their Broadmead physicians. There is a fee of \$186 for 17 weeks.

The recent movie, entitled *The Monuments Men*, about the saving of precious art from the Nazis, invoked reminiscences for **Anne Allen Dandy** and daughter Carol, who recently visited here from Austin, Texas. When Anne Allen's late husband **Walter** was stationed in Munich following World War II, they stood in line to see the recovered Madonna and Child of Michelangelo in its original Belgium Church, and Carol recalls visiting Neuschwanstein, the castle of the "mad" King Ludwig of Bavaria.

The **treasury** of the Residents Association recently received **\$2,099** from Broadmead Inc. for its share of associate resident fees. The BRA Music Fund has received a \$1,000 donation from **Sonia Blumenthal**, in memory of her late husband Harry Blumenthal.

Putting for a Purpose to Benefit Holly House

By Deborah Kopper,
Director of Development

Broadmead will hold its second annual vendor-sponsored Indoor Miniature Golf Tournament Friday, April 25, 1:30 – 3:30 p.m.

This year's "Putting for a Purpose" will raise money for upgrades to the first floor of Holly House. Broadmead's vendors will sponsor the holes. Residents, their friends, staff and vendors will play the nine-hole course for an afternoon of fun.

Last year many felt the holes embellished by the various departments and resident committees were the best part of the event. We've heard rumors of sand traps filled with cotton balls from the medical staff, hair clips from the Beauty Shop and nails and sawdust from the Woodshop.

The fairways promise to be fun as well, with igloos and bridges made from cans of tuna. Is this the year for our first water hole?

Prizes will be awarded to decorators in several categories.

Join us for an afternoon of putting, fun, food and prizes. Residents may call Deborah Kopper at 443-578-8044 to register. The \$25 registration fee may be added to bills.

The first "Putting for a Purpose" last year raised money for the Lake Maybe fountain. A resident poll resulted in the decision to use the money for Holly House this year.

Monday Book Group

Auditorium, Mondays 10:30 a.m.

April 7 *And the Mountains Echoed*
by Khalid Hosseini

May 5 *A Tale for the Time Being*
by Ruth Ozeki

Books may be obtained from the
BRA Office, behind the door

Intern to Receive Masters in May



Sara Kidd, who has been interning since September at Broadmead, will receive her Master's Degree from the University of Maryland School of Social Work next month. Sara, who's been interning under Julie Heffner and Teresa Gramling in Social Work, has also been helping in the Out Patient Department, Physical Therapy, Wellness, Hallowell and Lifestyle.

Sara has also had experience as an intern at the Johns Hopkins Bayview Hospital in a program which provides comprehensive services for the elderly at home rather than in a nursing or retirement facility. She is a graduate of St. Mary's College from which she received a B.S. in Human Studies. She hopes to continue working in social programs for the elderly.

Story and photo by Sally Bloomer.

There will be no Play Readers production in April

Massage Affects Negative Problems of Getting Old

By Gwen Marable

Dana Miller, a former Maryland State Trooper, is offering massage therapy to Broadmead residents and staff. She visits Hallowell and Taylor once or twice a week and is available to cluster residents by appointment. She may be reached at 410-404-6531.

Now a licensed massage therapist (LMT), she was a state trooper until an accident ended that career. While recuperating she received massage therapy which she says was largely responsible for her healing. She graduated from the Baltimore School of Massage and began practicing seven years ago. She has been treating Broadmead residents for two years.

Dana particularly enjoys working with seniors. Her approach includes an extensive interview, allowing her to get to know her clients and their needs. Her wide repertoire of techniques allows her to tailor the treatment to the individual.

"It's important to find a practitioner with whom you feel relaxed and comfortable," she said. Therapeutic massage can be an important part of a health maintenance plan. It helps keep the mind and body functioning optimally, she explained. Massage provides



Dana Miller and Bobbie Kottler

Photo by Sally Bloomer

relief from arthritis, sleeplessness, general muscular aches and pains and constipation, conditions common to older adults, Dana says. The challenge of longevity is to continue leading a healthy and fulfilling life, and doing what we can to retard the effects of aging.



Putting for a Purpose

Friday, April 25 1:30 - 3:30 p.m.
Center Main Level and Taylor
(Nine Holes of Golf)

No golfing skills required - putters and balls supplied
\$25 Registration Fee - Call Deborah Kopper (443-578-8044)
Proceeds used for some upgrades to the first floor of Holly House
Celebration afterwards with prizes, food and beverages - Arbor Cafe
Spectators Welcome

State Department Expert Provides Insight on Global Trade

By Marj Espenschade

Global trade is a positive for everyone. It will increase the worldwide middle class and provide more education and benefits for all.

In an easy to understand lecture on the tough subject of global economics, Shaun Donnelly extolled the positives of global trade, reviewed the trade and tariff history of the United States and explained the problems and benefits of trade agreements.

Donnelly, a former ambassador to Sri Lanka, has had a career with the State Department specializing in trade, economics and energy. His talk was sponsored by Open Forum and the Great Decisions program which had "Global Trade" as one of its topics.

Early in U.S. history Alexander Hamilton, representing northern state interests, wanted to protect our new industries with a tariff to keep out competition and keep the price of imports high, he said. In contrast, Thomas Jefferson represented the plantation south and wanted cheap imports. The south was exporting goods globally and didn't want other countries penalizing them with a tariff.

Donnelly pointed out that until the 20th Century, tariffs financed the government. Now tariffs contribute 0.11% of its income. During the depression the Smoot/Hawley Tariff was tried as a money raiser and trade dried up. Franklin Roosevelt and Cordell Hull lowered the tariff and initiated reciprocal trade agreements.

After WWII the U.S. was the only surviving manufacturing country, Donnelly observed. For 50 years the U.S. was the leader and "boss" of international economics.



Shaun Donnelly

The General Agreement on Tariffs and Trade (GATT) lasted for 50 years and provided the first format for trade rules. The World Trade Organization replaced it in 1995 and now has 159 member countries.

In the 1950s President Eisenhower realized the U.S. should encourage lower tariffs globally in order to compete, Donnelly said. In the '60s and '70s the U.S. made agreements with the European Union. The most recent is North American Free Trade Agreement (NAFTA) with the U.S., Canada, Mexico. The U.S. has been involved in the Trans-Pacific Partnership and the Trans-Atlantic trade talks since 2003. Pacific Trade includes 11 countries and is 85% complete, he said. Atlantic talks include the U.S. and the 28 countries of the EU.

As yet the Congress has not renewed "fast track" authority for President Obama which would allow him to sign a trade treaty with only an up or down Congressional vote. Donnelly said trade with China is the single most controversial aspect of U.S. international economic relations. It represents a threat to our unskilled workers. China has been the single largest source of imports to the U.S. since 2009. But our consumers are addicted to China's cheap goods.

America's strong points are in intellectual property and services, which, if included in our deficit figures, would make them 40 percent less, he said.

In connection with human rights and treatment of workers, Donnelly said more pressure should be put on textile factories in Bangladesh, the African blood diamond trade and the Congo's "conflict minerals."

Magician "Uncle Walt" Hudson Has Entertained for 70 Years

Story and photo by Sally Bloomer

Almost every New Year's Eve for the last 18 years Broadmead residents have been entertained by Walter Hudson's magic show. "Uncle Walt" first appeared here at a Saturday morning Men's Club meeting. Then by popular demand he entertained on a Saturday night for everybody. Then New Year's Eve.

Walter's interest in magic began when, at age eight, he was taken to a Philadelphia theater where "Blackstone, the Magician" was performing. When Blackstone called for a volunteer to appear on the stage, Walter was chosen and rewarded with a live rabbit which, of course, had been pulled out of a hat. Said rabbit was given to the volunteer to take home. Alas two days later it died.

But Walter's interest was aroused and magic shows at school increased his interest. Soon he was reading books of tricks and attending meetings of a magic club called the Sorcerer's Apprentices run by a magic shop owner who had been an assistant to Blackstone. In addition to tricks, instruction included stage presence and how to handle mistakes. The Sorcerers put on many shows giving the apprentices valuable experience.

Walter soon spent his summers entertaining at playgrounds. He was also hired for parties, scout meetings and banquets. He hit it big time when he was hired by McAllisters', a Philadelphia banquet caterer. When a union membership issue was raised, Walter realized he was being watched by a union "checker." A benefactor came to the rescue

and paid his union dues. He added daring displays to his show including fire eating, a spike up the nose and a sword down the throat.

After college and during his career as a teacher and a Social Studies Department chairman in Baltimore County, he continued with his magic and became involved in amateur theater in Baltimore. He was a stage manager at the Spotlighters and Vagabond theaters and contributed to a monthly newsletter for magicians



Walter Hudson and Anna Morsberger

His late wife Barbara, a medical director at Rosewood State Hospital, shared his interest in community theater. When they came to Broadmead, they were instrumental in directing two Gilbert and Sullivan productions, *HMS Pinafore* and *Pirates of Penzance* involving many residents.

As for New Year's Eve, who can forget Walter's shows? Remember the "I had a miserable dream" act with Ida, Eva, Ava and Una? His recent arm chopping-off stunt has included victims Joe Giles, Leo Weiss, Harry Butcher and Bob Gist. Alice Giles had a ribbon pulled through her body and there was a flower that turned into a bush for Anna Morsberger.

Uncle Walt has entertained young and old for 70 years.

Broadmead Writers Group

Meets every Friday at 4 p.m.

Fireplace Room

All are welcome

Broadmead's Red Hats Visit Lewis Museum

By Sally Bloomer

The 150th anniversary of the Emancipation Proclamation and the shared treasures of Bernard and Shirley Kinsey drew Broadmead residents to the Reginald F. Lewis Museum during Black History month. The trip, under the direction of residents June Gee and Virginia Schurman, was co-sponsored by the Anne Michener Memorial Fund and the Broadmead chapter of the Red Hats, a group whose primary purpose is to promote social interaction and bonding among women over 50. The organization has over 40,000 chapters in the United States and abroad.

The Kinsey collection, entitled *Where Art and History Intersect, 400 years of African American History and Culture from the 1600s to the Present*, is on a national tour arranged by Wells Fargo. Located in the museum's second floor gallery, the exhibit features African- American artists Jacob Lawrence, Romare Beardon and Elizabeth Catlett, artifacts owned by Martin Luther King, Malcolm X and Frederick Douglas along with an original letter written by Martin Luther King to the editor of *Harper's Magazine*.

The Broadmead group also visited the first and third floor exhibits which feature America's black history. Reginald Lewis, for whom the library is named, was a Baltimore native who attended local schools and Harvard Law School. He founded the International Law Center, the first African-American-owned law firm, and also acquired Beatrice Foods and McCall's Patterns. The museum is located on East Pratt Street near the Inner Harbor.

Broadmead's Red Hats meet monthly on first Thursdays at 10:30 a.m. in the Arbor Cafe to plan activities.

Hearing Help May Prevent Isolation, Slow Dementia

By Frank Iber, M.D.

Thirty percent of persons over age 65 have some degree of hearing loss, resulting often in emotional instability and isolation.

Speaking to the problems connected with hearing loss, its diagnosis and treatment at a recent Health Care Committee lecture, Dr. Rory Cernik, an audiologist, said 10 percent of early dementia patients were reclassified as normal after hearing correction. Those with corrected hearing show slower mental deterioration than those whose hearing is uncorrected, he said.

The most common cause is the loss of hearing cells in the cochlea of the inner ear. Hearing aids are most commonly worn behind the ear with an amplifier extending into the canal, but types partially or completely in the ear canal also exist.

A wide variety of electronics can be built into the aid and this largely determines the cost.

Depending on the lifestyle of the recipient, noise suppression, ability to adjust the loudness and special circuits for use on the telephone or at a lecture are available.

Noting that there are about 31 million hearing-impaired Americans, most over 65, he said it is unlikely that most hearing help will ever be a free entitlement under Medicare due to the cost. But cochlear implants in which an amplifier in the ear canal is connected surgically to a wire in the cochlea is a growing solution for advanced hearing problems and is covered by Medicare.

Because all treatments provide only a partial correction, listening habits of getting the attention of the speaker, getting as close as is comfortable, minimizing background noise and practicing reading lips and facial cues are adjuncts to enhancing comprehension. Nightly removal of wax, storing the aid in a box with a desiccant, and a tune-up by an audiologist three times a year are recommended.

The life of a hearing aid is about five years with proper care, he said.

Moving Around Broadmead

	From	To
Ann Remington	D-10	H-249

New Lifestyle Director Plays Saxophone, Loves Stories



Corinthia Cromwell

Photo by Sally Bloomer

by Gwen Marable

Broadmead's new Lifestyle Director, Corinthia Cromwell, is a trained musician. And she plays the saxophone. A Baltimore native, Corinthia received her B.A. in music and music therapy in 1989 from Howard University in Washington, DC. Moving to New York City, she worked in a variety of settings including a nursing home, adult day care, assisted living, hospitals and with disabled children. She still treasures the quilt that the residents of the nursing home in Washington Heights made for her. She received her M.A. from NYU in 1999. Eventually returning to Baltimore, she most recently worked at Brook Grove, a retirement community in Sandy Spring, MD.

Corinthia is an historian and is fascinated with the stories of her elders. Corinthia is excited to be here, helping to create fun and a fulfilling life for the residents on Hallowell and Taylor. In the short time Corinthia has been at Broadmead, she has already been able to please the residents with her saxophone playing at the Mardi Gras party and to be delighted by the stories she is beginning to hear. Her lifelong passion for music has taught her how much music affects people and its amazing capacity to charge energy.

Passover Seder Thursday, April 17 5:30 pm. Magnolia Room **Led by Reva Freedman**

Meal arrangement by
Bernard Queen and Food Staff

Sponsored by Multicultural
Committee
See sign-up sheet on Bulletin Board

*Answer to Geography Quiz
This is part of the old wooden water storage
tank on the hill north of the Center, where
woodpeckers have been at work and
daffodils may be seen.*

Broadmead Residents Association Concert Series

Wednesday, April 16
7 p.m. Auditorium and Lounge

Mark Edwards and Patrick Sise
Classical Guitar Duo

Bored by His Broadmead Activities Lee Fleishman Counts the National Debt

By Marcia Reinke

You might think that a guy who's now chairing the A-V Committee, has set up a new list-serve for Broadmead residents and staff, has campaigned successfully to rename the perimeter road Copper Beech Lane, has won the silver medal in the recent Walkathon and has now volunteered to serve on the Trails Committee, might not have time to figure out how long it would take to count the U.S. National Debt.

Not so. A few months back Lee Fleishman informed *The Voice* that if you started counting one (\$1) bill a second, starting on the stroke of midnight on New Year's Eve, you would finish counting a little after 4 p.m. on October 7 - 32 years from next fall.

Editor, ever vigilant that someone might try to sneak a political or religious point of view or something from another publication into *The Voice*, (see Editorial Policy statement on Page 2) told Lee that we need to avoid (a) comments which might be construed as political unless they are part of a lecture and (b) items which come from another publication.... implying of course that he'd swiped the information from somewhere else.

"FYI," he emailed back. "I did the arithmetic myself. First I computed the number of seconds in a year. There are 365.25 days in a year (to account for leap years,) 24 hours in a day, 60 minutes in an hour and 60 seconds in a minute. Multiplied out, that gives you 31,557,600 seconds in a year."

Next, he continued, "dividing one trillion (\$1,000,000,000) by seconds per year gives you 31.688088 years, or 31 years with 688088 of a year remaining, which reduces to the 10th month plus seven days, 16 hours."

The national debt on New Year's Eve was \$14.7 trillion, he said.

(Editor, appropriately scolded but afraid to ask, is wondering whether the 32-year figure wouldn't need to be multiplied by 14.7. Sigh.)

Geography Quiz



It's on the Broadmead campus. What is it? and where is it? Answer is upside down on Page 16

Photo by Erroll Hay

Men's Saturday Social Hour

9:30 a.m. Lounge/Auditorium

April 12: To be announced

April 19: Bob Gist

Coffee - Tea - Doughnuts
Wear your name tags

Religion at Broadmead

Friends Meeting for Worship

Sundays at 11 a.m.
Stony Run Board Room

Vespers

3rd Sunday every month
4:30 p.m. Lounge
April 20

The Rev. Robert Daly
Resident and Rector Emeritus
The Episcopal Church of the Messiah

Bible Study

Tuesdays at 10 a.m.
Fireplace Room
(sponsored by Brown Memorial
Woodbrook Presbyterian Church)

Episcopal Communion

1st Wednesday every month
10:30 a.m. Holly Terrace

Catholic Mass

2nd Wednesday every month
10 a.m. Holly Terrace

The Gathering

Faith Related Topics
3rd Wednesday every month
10:30 a.m. Auditorium
(sponsored by the Episcopal Church
of the Redeemer and Brown Memorial
Park Avenue Presbyterian Church)



Let's Dance

Monday, April 14
7 p.m. Lounge

Everyone Welcome



Sixteen Broadmead residents and associate members contributed 38 ceramic bowls to the recent annual Empty Bowls event held at the Maryland Fairgrounds. Sponsored by St. Vincent de Paul of Baltimore, Empty Bowls raises funds for the hungry and homeless in Baltimore.

At lunch and dinner sittings, those attending contribute \$20 for a tasty soup donated by some of Baltimore's finest restaurants and get to keep the handcrafted ceramic container.

Making the bowls, shown here drying in the Ceramics Room, were Mary Lee Anderson, Fran Beasley, Bettie Byerly, Sue Carnell, Christina Chambreau, Kitty Dawes, Marjorie Gold, Georgia Erlbeck, Joye Jennings, Esther Krasevac, Jane Michener, Marty Nichols, Florence Platt, Mary Ellen Saterlie, Carolyn Walters and Kitty Ward.

Photo by Erroll Hay



Broadmead Movies

Auditorium at 7 p.m.

Tuesday movies selected by
Sita Smith and Peggy Patterson

Saturday movies by John De Prine and Bob Gist

Saturday, April 5 Finding Neverland

(Johnny Depp, Kate Winslet)

Well-known playwright, James M. Barrie finds himself at a crossroads when his latest play flops and doubters question his future.
2004 PG 101 minutes

Tuesday, April 8 Owning Mahowny

(Philip Seymour Hoffman, Minnie Driver)

A bank manager with: (a) a gambling problem and (b) access to a multimillion dollar account gets into a messy situation. Based on the story of the largest one-man bank fraud in Canadian history.
2003 R 104 minutes

Saturday, April 12 Ladies in Lavender

(Judi Dench, Maggie Smith)

Two sisters find their quiet life dramatically changed when they discover a badly injured young foreigner washed ashore near their coastal home in pre-war England.
2004 PG 104 minutes

Tuesday, April 15 12 Years a Slave

(Chiwetel Ejiofor, Michael K. Williams)

In the antebellum United States, Solomon Northup, a free black man from upstate New York, is abducted and sold into slavery.
2013 R 134 minutes

Saturday, April 19 The Mission

(Robert DeNiro, Jeremy Irons)

A man of the sword (DeNiro) and a man of the cloth (Irons) unite to save a South American Indian tribe from brutal subjugation by 18th century colonial empires.
1986 PG-13 125 minutes

Tuesday, April 22

Rashomon

(Toshiro Mifune, Machiko Kyo)

A heinous crime and its aftermath are recalled from differing points of view. (Japanese Language)
1950 NR 88 minutes

Saturday, April 26

An Ideal Husband

(Rupert Everett, Cate Blanchett)

A highly respected politician's career is in jeopardy when an old acquaintance threatens to reveal a dark secret from his past.
1986 PG-13 98 minutes

Tuesday, April 29

Argo

(Ben Affleck, Bryan Cranston)

Acting under the cover of a Hollywood producer scouting a location for a science fiction film, a CIA agent launches a dangerous operation to rescue six Americans in Tehran during the U.S. hostage crisis in Iran in 1980.
2012 R 120 minutes

Adventures in Learning

10:30 a.m. Auditorium

The Super-Rich in History

April 9: The Medici of Florence;
the Fuggers of Augsburg
(Bob Forster)

April 16: King Louis XIV of France
(Elborg Forster)

April 23: The Rothschilds of Europe;
Cecil Rhodes of South Africa
(Bob Forster)

April 30: American Tycoons: Jay Gould,
John Rockefeller, Andrew Carnegie.
J.P. Morgan (Rhoda Dorsey)

Sew and So

Tuesday and Wednesday

10 a.m. to noon

Room 215 - Phone: 8816

VOICE OF THE RESIDENTS

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Broadmead Barn Sale

13801 York Road, Cockeysville, MD



Friday, April 4

8:30 a.m. to 2:30 p.m.

Saturday, April 5

9 a.m. to 12:30 p.m.

Open to All

Furniture will be sold on
Thursday, April 3, 2 to 6 p.m.
(Residents and Staff Only)
No Half Price Sale This Time

Bake Shop (Friday only)
Men's and Women's Clothes
(Auditorium and Lounge)
This 'n' That
Kitchenwares

Furniture
Gifts
China & Glassware
Shoes
Picture Frames

Appliances
Jewelry
Linens
Handbags
DVDs, Tapes